

CARLISLE WILDCATS BOYS TRACK & FIELD



HANDBOOK 2016

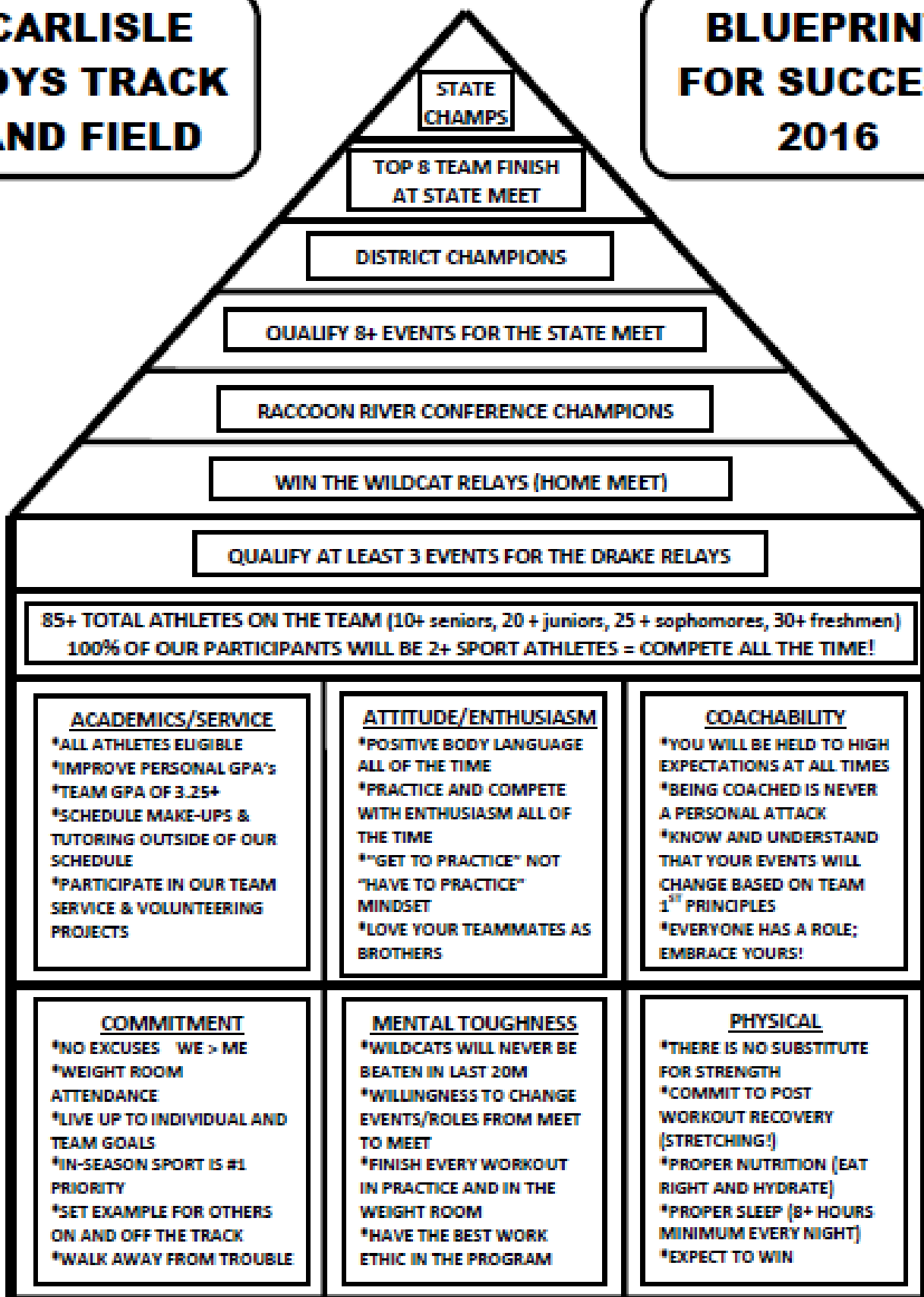
Conference Champions 1968, 1969, 1970, 1971, 1984, 1985, 1986, 1987, 2015

District Champions 1961, 1962, 1964, 1968, 1969, 1970, 1971, 1988, 2015

Top 8 at State Meet 1955, 1961, 1962, 1966, 1968, 1970, 1971, 1991, 2015

**CARLISLE
BOYS TRACK
AND FIELD**

**BLUEPRINT
FOR SUCCESS
2016**



Carlisle High School Boys Track & Field

2016 Boys and Girls Coaching Staff and Contact Info

Boys Head Coach: Jared Fletcher (boys and girls sprints and sprint relays)

Email: jared.fletcher@carlisle.csd.org

Cell: 515-822-8028

Work: 515-989-0833

Boys Assistant Coach: Brian Keeney (boys and girls hurdles/hurdle relays, assist with all sprinters)

Boys Assistant Coach: Mark Hoekstra (boys throws, head of strength and flexibility/mobility programs)

Girls Head Coach: Benjamin Tilus (boys and girls distance and middle distance/relays)

Girls Assistant Coach: To Be Determined (boys and girls jumps, assist with middle distance/relays)

Girls Assistant Coach: Alicia Cosimo (girls throws)

Team Website: <http://carlisleboystrack.weebly.com>

Twitter: CHSBoysTrack@WildcatsTnF

Team Trainer: Abby Miller (Athletico) abby.miller@athletico.com (641) 521-2060

Team Substitute Trainer: Zach Block (Athletico) zach.block@athletico.com (605) 880-9196

Program Philosophy

The Carlisle boys' track and field program is built around service/academics, attitude/enthusiasm, coachability/character, commitment, mental toughness, and physical strength. A man's academics will serve him for his entire life and being an active member of our service projects will help to build a sense of selflessness. A man's attitude/enthusiasm is contagious and takes zero skill to perform. A man's ability to be coachable with high character involves goal setting, expectations, and a team first mentality at all times. Commitment to our program involves both in-season and off-season workouts along with the willingness to be coached hard as well as learning to compete in multiple events. Mental toughness is a characteristic that all of our student-athletes will possess as we will refuse to be outworked by anyone in the classroom, on the track, or in the weight room. There is no substitute for physical strength therefore our athletes will participate in our year-round strength and conditioning program and also practice proper nutrition, hydration, and proper sleeping habits while being multi-sport athletes.

It is our responsibility to take each and every young man who joins our program and mold them into a better person, son, brother, teammate, and leader while also improving their athletic abilities. Our athletes will remain humble and represent Carlisle Community Schools with utmost respect and integrity at all times as they become successful in the classroom, community and on the track.

ATHLETE EXPECTATIONS

FIRST DAY OF PRACTICE

Monday, February 15th, is the start date for all athletes not participating in a winter sport.

****All winter sport athletes will get 7 days from their last practice/participation before they are required to be at track practice.** This will allow for both mental and physical recovery from their respective winter sport season. Dates will remain flexible pending the length of the varsity basketball postseason and the varsity wrestlers who qualify for districts/state meet.

Varsity boys' basketball and district/state wrestling qualifiers will be contacted by Coach Fletcher concerning start dates.

PRACTICE TIME

We will meet in the HS gym/mezzanine/HS Commons for our attendance and pre-practice meeting at 3:30 everyday including early dismissal days.

Practices should conclude by 5:30 but there will be dates where specific event groups will practice longer than that. Athletes should not schedule any work shifts or appointments before 6pm.

*****Distance runners will practice at 7am on Saturday's during the season. This will be communicated in advance and put on our master calendar. Other event groups will also practice at 8am on Saturday's during season as needed.***

Athletes not participating in varsity meets will practice at 3:30 on the days of the varsity meets. Coach Keeney or Coach Hoekstra will run those practices. **We will have optional practice over Spring Break.** We also have indoor meets during this time (ISU meet = varsity, Central meet = varsity and jv). The coaching staff will discuss these options with the team once we start having full-squad practices after the conclusion of the winter sports seasons.

MISSED PRACTICES

If you know you are going to miss practice for any reason, you must notify Coach Fletcher of your absence at least 24 hours prior to the absence. If you miss practice, a make-up workout will be given and you are expected to complete it on your own time (preferably the same day). Decisions on excused vs. unexcused absence are at the coaches' decision.

ACCEPTABLE REASONS TO MISS PRACTICE

1. **School activities** (music concert, theater, field trip, etc)
2. **Family emergency** (bereavement, major illness/surgery, etc)
3. **An illness that prevented you from attending school** would also be considered a missed practice, but 24 hours notice might not be possible. Just make sure you notify Coach Fletcher via yourself or your parents regarding the illness (not through a teammate).

UNACCEPTABLE REASONS TO MISS PRACTICE

1. **Routine doctor or dentists appointments.** Please find time for these outside of practice. This includes scheduling physicals.
2. **Tutoring sessions/make-up exams.** While being a student is your first priority; these should be scheduled outside of our practice/meet schedule. If this is 100% completely not possible, communicate with Coach Fletcher in advance. I will also communicate with your teachers should this be an issue.
3. **Feeling sick or injured.** You must speak with Coach Fletcher and our certified trainer regarding your status. Even if you are injured, you are expected to be at all practices unless told otherwise by the coaching staff to not be in attendance.
4. **Missing paperwork and/or late physicals.** The coaching staff will let all athletes know what paperwork is missing at least 2 weeks before the first official practice. Failure to take care of these responsibilities shows a lack of respect to our program.
5. **Work.** Players will not be allowed to miss practice due to job conflicts. Do not schedule any work shifts before 6pm on days where we have 3:30pm practice.
6. **Driver's Ed.** Class for Driver's Ed is typically at 6pm at night, well after completion of our practices. Student-Athletes should not schedule their driving time between 3:30pm and 5:30pm.

*****Athletes who attend church related functions on Wednesday nights need to speak to Coach Fletcher at the beginning of the year. This is usually not an issue because we are typically done with practices before 5:30pm.***

ABSENCES

Attendance is critical in terms of your improvement as an athlete and your commitment to this program. Coaches are unable to evaluate our athletes if they are not in attendance. Failure to adhere to the above expectations can result in make-up conditioning, suspension from meets and possible removal from the team. This is at the discretion of the coaching staff.

PRACTICE EXPECTATIONS

The coaching staff views each practice as an opportunity to better yourself and our program. In order to improve as an athlete and as a program, our participants must view practice in the same manner. Athletes with the mindset of “I get to go to practice” are far more successful than those with the mindset of “I have to go to practice”.

1. Be prepared to always run outside. Our weather is constantly changing. Our temperature rule is 70 degrees. If the temperature is below 70 degrees, our athletes will wear sweats/tights. This is at the discretion of the coaching staff. All track and field members should also have a stocking hat/headband and gloves available at all times. Those athletes who are habitual offenders of coming to practice unprepared will be subject to consequences.
2. All participants who are sprinters, middle distance runners, hurdlers, or jumpers need to bring their spikes to practice every day and have them available at the track after our warm-up portion of our practice.
3. No jewelry at practice. This is an immediate disqualification in a meet so we will use the same rules in practice.
4. All CHS Boys Track participants are responsible for keeping our locker rooms clean, the track picked up, and equipment put away daily. Throwers will be in charge of making sure the implements get stored correctly. High jumpers will be in charge of covering the high jump pit and long jumpers must rake and cover the pits. All other participants will be responsible for keeping our storage shed in prime condition as well as walking the track facility to keep trash picked up.
5. All CHS Boys Track participants will give maximum effort during the entire practice while maintaining a championship level of respect for ALL coaches and teammates. Any attitude, language (oral or body), or actions that are not aligned to CHS Track and Field expectations will be met with consequences at the discretion of the coaching staff. No athletes will leave practice without finishing their ENTIRE WORKOUT.

MEET EXPECTATIONS

First and foremost, your conduct must be guided by your integrity and character. You not only represent yourself, but also your family, your team, your school, and your community. One of our goals is to inspire younger athletes to be part of our team. The BEST TEAMS always have GREAT LEADERS who hold one another ACCOUNTABLE.

TEAM & INDIVIDUAL ROUTINES

1. Track and field is meant to be a competitive sport. Each meet is an opportunity to grow and improve as an individual and as a team. Every athlete is different in how they mentally prepare. Keep this in mind and be respectful of teammates on the bus en route to meets. Our athletes will wear Carlisle Wildcat or “blank” clothing over their uniform (our athletes will not wear sweatshirts etc of other schools).

2. As soon as we arrive, we will find the best spot for our team camp (wind, rain, etc). Immediately following camp set-up we will start our warm-up progression. This is yet to be determined by our coaching staff on what this will look like.
3. Athletes will then disperse to their respective areas for competition and begin warm-up routines etc.
4. Throughout the meet, teammates must support each other with their presence and support. Athletes should not be sitting at camp solely to be on their phones, doing homework, etc
5. If your event is approaching, get mentally focused and complete your event warm-up/routine in the time needed. It is always better to report early to your event than late. All athletes should build to a good sweat immediately before their competition. We will give our athletes a breakdown of event preparation and when they should be reporting/warming-up, etc.
6. During competition, strive for your best performance. Performance always varies depending on the weather, competition, and other conditions sometimes out of our control. What we do control is our attitude, effort, and focus.
7. At the conclusion of your event, cool down properly, and reflect on your performance, and then prepare mentally and physically for your next event/conclusion of the meet.
8. You will not be allowed to leave the meet early unless there is a family emergency or you have it approved by Coach Fletcher. If this is the case, your parents need to find Coach Fletcher and let him know personally why you are leaving early. (Example: Basketball players do not leave in the 4th quarter or baseball players leaving in the bottom of the 5th inning during the course of the game.)
9. At the conclusion of each meet, athletes may then sign out with their parents if they would like to ride home with them, but our preference is for all athletes to ride the bus home to celebrate our accomplishments and award medals. If you plan to ride home with another athlete and their parents, verbal communication over the phone or written communication must occur with Coach Fletcher and your parents.

VARSITY TRACK AND FIELD LETTERING CRITERIA

- The athlete must be a positive member of the team in good standing at the conclusion of the season (including but not limited to good conduct policy, absences, etc)
- The athlete scored 15 or more points during the varsity season or participates in 75% + of the varsity meets.
(This criteria is at the discretion of the coaching staff based on # of meets, injury, etc)
- The athlete scores at least 1 point in the conference, district, or state track meet
- When we win the RRC championship, anyone who participated in a varsity event during the RRC meet will letter
- When we win the district championship, anyone who participated in an event during the district meet will letter
- All seniors earn a varsity letter if they were out for T & F for all 4 years and finish the season in good standing
- Special circumstances at the discretion of the coaching staff

PHYSICALS & OTHER SCHOOL FORMS

Before the first day of practice, athletes must submit the following:

1. A current **physical** on file with the athletic office
2. A signed **concussion form** on file with the athletic office
3. A detailed **medical card** in case of an emergency

Any athlete with one or more of the above documents missing will not be allowed to practice or participate in meets until the forms have been submitted and approved. The coaching staff will let all participants know what paperwork is missing at least 1 week prior to the official start of practice.

****All of these forms can be found on our team website: [http://carlisleboystack@weebly.com](http://carlisleboystack.weebly.com)**

FUNDRAISING

- We will be doing some sort of fund-raising either prior to our season or during our season (Stadium View, etc)
- All track and field participants will be asked to volunteer their time to help with our fundraising efforts.
- Monies raised from our efforts will directly benefit the participants. This could be new uniforms/warm-ups, new equipment, team meals, sports drinks, awards, etc.

DUAL SPORT ATHLETES

- Athletes are able to participate in two sports during the spring season
- Athletes interested in participating in dual-sports will need to fill out a form where they will declare their PRIMARY sport and their SECONDARY SPORT
- How we handle conflicting schedules is outlined on the Dual Sport Form

INDOOR, OUTDOOR, DRAKE RELAYS, AND STATE MEET

- We will participate in 2-3 indoor meets each year. Sometimes these fall during our Spring Break.
 - By law, we can run 12 outdoor meets each year (indoor meets, Drake Relays, Districts, and State Meet do not count towards this total)
 - Previous cut-off marks for qualifying for the Drake Relays are below (4 year average 2012-2015)
- | | | | | |
|-------------------------------|------------------|-----------------|-----------------|----------------|
| High Jump: 6'3.25" | Long Jump: 21'4" | Discus: 152'1" | Shot Put: 51'2" | 400h: 55.32 |
| 100m: 11.15 | 110hh: 15.25 | 800m: 1:58.73 | 1600m: 4:28.39 | 3200m: 9:44.09 |
| 4x100m: 45.39 | 4x200m: 1:31.83 | 4x400m: 3:28.58 | 4x800m: 8:11.54 | D.Med: 3:38.79 |
| Shuttle Hurdle Relay: 1:00.13 | | | | |

TOP 10 IN SCHOOL HISTORY

- The CHS Boys Track and Field Staff have created a Top 10 Performance List for each event. Below you will find the current 10th place time/distance/height for each event.

High Jump: 6'0"	Long Jump: 20'2"	Discus: 131'0"	Shot Put: 45'6"	400h: 58.38
100m: 11.23	110hh: 16.34	800m: 2:07.83	1600m: 4:51.54	3200m: 10:37.03
4x100m: 44.67	4x200m: 1:33.84	4x400m: 3:31.42	4x800m: 8:34.74	D.Med: 3:48.80
Shuttle Hurdle Relay (4x110m with 33" hurdles since 2009): 1:03.37				

CONFERENCE CHAMPIONS, STATE QUALIFIERS, DRAKE QUALIFIERS

- All state qualifiers (and results), Drake Relays qualifiers (and results), and conference champions are listed on our teams' website: <http://carlisleboystack.weebly.com>

OTHER OPPORTUNITIES

- Iowa Games (summer): <http://www.iowagames.org/Summer/TrackAndField>
- AAU Jr. Olympics Qualifier: <https://www.usatf.org/groups/youth/programs/JuniorOlympics/info.asp?year=2015&associationNumber=40&sport=TF>
- Senior Spotlight Meet: http://www.iatfcc.org/index.php?option=com_content&task=view&id=6&Itemid=16
- JH State Meet (boys): http://www.iatfcc.org/index.php?option=com_content&task=view&id=184&Itemid=196
- JH and HS Pentathlon: http://www.iatfcc.org/index.php?option=com_content&task=view&id=14&Itemid=25
- A full list of camps and clinics is posted to our team website each winter/spring

CHS BOYS TRACK and FIELD RECORDS

EVENT	RECORD HOLDER(S)	TIME/DISTANCE	YEAR
DISCUS	K. FOGLE	177'-11.5"	2001
SHOT PUT	C. ASHER	57'7-7"	1968
HIGH JUMP	B. BETTERTON	6'7.5"	1991
LONG JUMP	D. TAYLOR	22'9.5"	2006
POLE VAULT	B.A. KEENEY	14'6"	1986
100 M DASH	J. GONZALEZ	10.85	2007
200 M DASH	J. GONZALEZ	22.33	2008
400 M DASH	B. BETTERTON	49.36	1991
800 M DASH	J. GRANDSTAFF	2:00.11	1999
1600 M RUN	T. OWENS	4:32.22	1995
3200 M RUN	T. OWENS	9:56.08	1995
110 M HURDLES	B. BETTERTON	13.74	1991
400 M HURDLES	P. CAMP	54.16	1992
SH. HURDLE RELAY	P. CAMP S. JOHNSTON J. BROWER B. BETTERTON	56.84	1992
4x110M SH RELAY	D. WRIGHT P. STEPHENS J. HAGEDORN H. SANDERS	57.64	2015
4 x 100 M RELAY	A. LISTER B. ROLAND J. FLAWS N. WILMES	44.07	2011
4 x 200 M RELAY	H. SANDERS A. SMITH J. CROWLEY T. ERB	1:29.93	2015
4 x 400 M RELAY	H. SANDERS J. CROWLEY N. VOLLSTEDT T. ERB	3:25.02	2014
4 x 800 M RELAY	J. SINCLAIR G. JOHNSTON B. SCHOOLER G. WITTKOWSKI	8:10.60	1966
1600 M MEDLEY	N. DAVISON D. JAMES K. HILPIPRE J. NEWMAN	3:40.54	2001

GOOD CONDUCT POLICY

Good Conduct Rule Eligibility

The objective of the Good Conduct Rule is to establish and provide for the enforcement of specific standards for all students attending Carlisle High School who are involved in extra-curricular and/or co-curricular activities. It is the philosophy of Carlisle Community Schools that participation in extra-curricular and/or co-curricular activities is a privilege to be earned by not only demonstrating a particular talent or ability, but also by demonstrating lawful and reasonable conduct. This policy shall be in effect for the entire calendar year, both during the regular school year as well as all vacation periods.

This rule shall govern the following activities: athletics, instrumental and vocal music performances, drama productions, speech contests, FFA, FHA, National Honor Society, Student Council, all co-curricular clubs, all honorary and elected offices (e.g., Homecoming King/Queen/court, class officer, student government officer or representative), state contests and performances for cheerleading and drill team, mock trial, Academic Decathlon, or any other activity where the student represents the school outside the classroom.

A student will be found to be in violation of the District's Good Conduct Rule if the violation is observed by a staff member or a law enforcement official, the student admits the violation, or the violation is supported by substantial evidence. This investigation shall not be limited by any formal rules of evidence or procedure.

A student may lose eligibility under the Good Conduct Rule for any of the following behaviors:

- ITEM 1. possession, use, or purchase of tobacco products, regardless of the student's age;
- ITEM 2. possession, use, or purchase of alcoholic beverages, including beer and wine (having the odor of alcohol on one's breath is evidence of "use"; "possession" has been defined by the Iowa Supreme Court as being within reach of or in "close proximity to" the contraband [e.g., alcohol or other drugs]);
- ITEM 3. possession, use, purchase, or attempted sale/purchase of illegal drugs or simulated substances, or the unauthorized possession, use, purchase, or attempted sale/purchase of otherwise lawful drugs;
- ITEM 4. engaging in any act that would be grounds for arrest or citation in the criminal or juvenile court system (excluding minor offenses such as traffic or hunting/fishing violations), regardless of whether the student was cited, arrested, convicted, or adjudicated for the act(s);
- ITEM 5. exceedingly inappropriate or offensive conduct such as assaulting staff or students, misuse of technology, phone, or computer, gross insubordination (talking back or refusing to cooperate with authorities), hazing or harassment of others. This could include group conduct.

I. Penalties:

Any student involved in activities who, after a meeting with the administration, is found to have violated the Good Conduct Rule, during the school year or summer, is subject to a loss of eligibility as follows:

A. Athletics:

1. First Offense within the Student's High School Career

The student will be suspended from 25% of the competitions in the current extra-curricular activity season (including any post season competition) or no fewer than three events. If the student is not competing in an activity at the time of the violation, the penalty will be enforced during the next activity in which the student is involved. The before-mentioned activity's season must be completed in good standing with the coach for the loss of eligibility to be considered served. If the loss of eligibility occurs at a point in the season where the number of competitions remaining is less than the number of competitions in the loss of eligibility, the loss of eligibility will carry over into the next activity in which the student participates. Post-season activities will be counted towards satisfying the terms of the loss of eligibility. An ineligible student shall attend all practices or rehearsals but may not "suit up" nor perform/participate.

A student who self-reports or admits his/her Good Conduct Rule violation in a good-faith and honest manner, prior to being confronted by the building principal or not more than 48 hours after the occurrence, may receive a reduced penalty for a first offense from a loss of eligibility of 25% of the competitions in an activity season to 15% of the competitions in an activity season or no fewer than two events.

2. Second Offense within the Student's High School Career

The student will be suspended from 100% of the competitions in the current extra-curricular activity season (including any post season competition). If the student is not competing in an activity at the time of the violation, the penalty will be enforced during the next activity in which the student is involved. The before-mentioned activity's season must be completed in good standing with the coach for the loss of eligibility to be considered served. If the loss of eligibility occurs at a point in the season where the number of competitions remaining is less than the number of competitions in the loss of eligibility, the loss of eligibility will carry over into the next activity in which the student participates. Post-season activities will be counted towards satisfying the terms of the loss of eligibility. An ineligible student shall attend all practices or rehearsals but may not "suit up" nor perform/participate.

A student who self-reports or admits his/her Good Conduct Rule violation in a good-faith and honest manner, prior to being confronted by the building principal or not more than 48 hours after the occurrence, may receive a reduced penalty for a second offense from a loss of eligibility of 100% of the competitions in an activity season to 50% of the competitions in an activity season or no fewer than five events.

3. Third Offense within the Student's High School Career

The student will be suspended from competition in all extra-curricular activities for one year (including any post season competition), effective immediately. An ineligible student shall have the option of attending all practices or rehearsals but may not "suit up" nor perform/participate.

A student who self-reports or admits his/her Good Conduct Rule violation in a good-faith and honest manner, prior to being confronted by the building principal or not more than 48 hours after the occurrence, may receive a reduced penalty for a third offense from a loss of eligibility of 1 year to 100% of the competitions in an activity season. If the student is not competing in an activity at the time of the violation, the penalty will be enforced during the next activity in which the student is involved.

4. Fourth Offense within the Student's High School Career

The student will be suspended from competition in all extra-curricular or co-curricular activities for the remainder of his/her high school career.

II. Penalty Considerations for All Good Conduct Violations:

- A. The period of ineligibility begins immediately upon a finding of a violation, if the student is eligible for and currently engaged in an extracurricular activity. If the period of ineligibility is not completed during the current activity or if the student is not currently engaged in an extracurricular activity, the period of ineligibility will begin when the student seeks to go out for the next activity or contest.
- B. However, if the period of time between a violation and an activity is twelve calendar months or more, the student shall not serve an ineligibility period for the violation.
- C. The number of competitions the student will miss as a result of the loss of eligibility will be determined by computing the percentage based on the offense (round up) of the regular season schedule. Clarification of what makes up the regular season will be determined prior to the beginning of the school year by the Administration and the coach or activity leader.
- D. If a student transfers in from another Iowa school or school district and the student has not yet completed a period of ineligibility for a violation of a Good Conduct Rule in the previous school, the student shall be ineligible if the administration determines that there is general knowledge in our school district of the student's misconduct or violation in the previous district.
- E. Infraction of the Good Conduct Policy will result in a period of ineligibility from any student and/or faculty elected position(s) for the remainder of the school year. (Student will become eligible for elections, if elections for the next year occur during ineligibility period.) If the violation occurs in the summer, the period of ineligibility begins the first day of the next school year.
- F. If a student violates the Good Conduct Rule while ineligible due to an earlier violation, the penalty for the subsequent offense will attach at the completion of the earlier penalty.
- G. If it has been at least two calendar years since a finding of a violation, the offense number may be reduced by one level (i.e. second offense to first offense).

III. Academic Consequences:

There will be no academic consequences for the violation (e.g., detention, loss of academic eligibility, expulsion from school, or grade reduction/withholding) unless the violation of the Good Conduct Rule occurred (a) on school grounds, (b) at a school event regardless of location, or (c) the violation has a direct and immediate negative impact on the efficient operation of the school despite occurring off school grounds/time.

IV. Determination and Appeal Process:

A student who has allegedly violated the Good Conduct Rule will be notified of the alleged violation of the Good Conduct Rule, given the information which supports the allegations, and will be given an opportunity to respond. Upon review of all evidence and circumstances, the Principal or his/her designee will make a decision regarding the alleged violation of the Good Conduct Rule. If the Principal or his/her designee determines that the student has violated the Good Conduct Rule, the Principal or his/her designee will then determine a period of ineligibility based on the before-mentioned guidelines.

The penalty will remain in effect during the entire appeal process. Whenever a student is declared ineligible under the Good Conduct Rule, the following procedures shall apply:

1. A conference will be held with the Principal or his/her designee and the student. At that time, the period of ineligibility and a specific explanation of the reasons for ineligibility will be discussed. The offense and the consequences will thereafter be put in writing and sent to the student and parent(s). If the student or parent(s) do not wish to appeal the ineligibility decision, the Principal's or his/her designee's decision will be in effect and be considered final.
2. If the student or parent(s) wish to appeal the Principal or his/her designee's decision, they must do so in writing to the Superintendent within three (3) business days of the receipt of the Principal's or his/her designee's decision. Any student who is ruled ineligible prior to the appeal will remain ineligible until the appeal process is completed. The Superintendent shall consider the circumstances and evidence of the case and shall make a decision, which will be communicated in writing to the student, parent(s), and the Principal. The decision of the Superintendent shall be made within fourteen (14) business days following the date on which the appeal was received.
3. If the student or parent(s) wish to appeal the Superintendent's decision, they must do so in writing to the Board of Education within three (3) business days of the receipt of the Superintendent's decision. The review shall be held by the Board at the earliest feasible opportunity; however, a special meeting of the board need not be called. The review by the board will be in closed session unless the student's parent (or the student, if the student is 18) requests an open session. The grounds for review by the school board are limited to the following: the student did not violate the Good Conduct Rule; the student was given inadequate due process in the investigation and determination; or the penalty is in violation of the Handbook Rule or Board Policy. If the school board reverses the decision of the administration, the student shall be immediately eligible and shall have any record of the ineligibility period and violation deleted from the student's record.

Carlisle High School Athletic Department

Handbook for Parents of Athlete (from Activities Director)

Carlisle High School is a member of the Raccoon River Conference, the Iowa High School Athletic Association and the Iowa Girls High School Athletic Union. We will abide by the rules and regulations set forth by these organizations for their member schools. We feel strongly that involvement in all activities is a part of the educational experience, and helps to teach life-long characteristics that will be able to be used each and every day of our adult lives. Every coach in our programs is dedicated to winning, however, they are also encouraged and reminded to keep things in their proper perspective and make sure we are teaching lessons that can be used for a lifetime as well.

Being a parent is, no doubt, often very challenging. This effort and responsibility is frequently complicated by being a parent of an athlete. This handbook, with its guidelines and suggestions, will give you some insights into this responsibility. The members of our athletic department don't claim to know everything about being a parent. Many of us, fill those shoes every day as well. However, with many years of experience in this field, we may be able to offer some insight into what helps make your student/athletes experience in athletics the most positive, and rewarding, experience we can offer. There are many relationships that are involved in being the parent of an athlete. A few of these are addressed in the next few subtopics.

The Player-Coach Relationship

The player-coach relationship is perhaps the most critical relationship in athletics. A parent can have a tremendous effect on this very important relationship. While you may not agree with all decisions of a coach, how and when you express your feelings can have a decided effect upon your child.

If you express a negative opinion in front of your child, please remember that he or she will return to practice the next day remembering your comments. Your child will be expected to interact with the coach in a cooperative manner. Your positive reinforcement will help both your child and the coach. Sometimes being silent in front of them serves them just as well too.

Receiving technical or strategic instruction at home may interfere and conflict with the instructional process at practice sessions and games. This may ultimately impede your son or daughter's progress and affect playing time or position.

Should you have any questions or concerns, ***do not approach the coach immediately at the conclusion of the contest or during the contest. At this time, coaches have other responsibilities, and it may be an emotional time.*** If the coach will allow a meeting with a parent, it should be scheduled for a later time. This meeting should be approached in a logical, and adult like manner. ***However, our athletic department and coaches believe that it is the responsibility of the student athlete to talk with the coach about playing time/frustrations.*** This is part of the learning that we believe can help mature our students and teach them how to approach people when they have a problem. Coaching decisions such as playing time, along with offensive and defensive philosophy are not up for debate with parents. These issues are the coaching staffs' decision and are based on an athlete's attitude, work ethic, and coachability.

This list is designed to let you know what we feel is appropriate to talk about when meeting with coaches.

Inappropriate: playing time, team strategy, play calling, other student-athletes, and "speaking for other adults."

Appropriate: treatment of their student mentally and physically, ways to help student improve, concerns about the student's behavior.

As mentioned before, our programs exist to play a part in the educational process of each student who participates. We use athletics to teach things that cannot be taught in the traditional classroom setting. Things like teamwork, sacrificing for the good of a group, leadership, dedication, discipline, and commitment to a collective cause, to name a few. While we strive for excellence in all that we do, our goal is not to provide opportunities (more playing time/special plays, etc.) for college scholarships.

The Parent-Player Relationship

Some parents may try to live vicariously through their children's athletic efforts. Being positive and supportive is important, but adding pressures and unrealistic expectations can be extremely harmful. Allow your son or daughter to enjoy and grow from this valuable experience. In numerous national studies, it has been determined that most athletes participate for enjoyment or fun. Excessive pressure or expectations can alter this most fundamental reason for playing.

When you speak with your child after a contest, don't dwell on his or her play, how many points he or she scored, or if he or she started. Instead, reinforce, and evaluate how they contributed to the team. Did they play hard, compete, and give 100%? If they didn't play were they a good teammate by being encouraging and supportive? Encourage, enjoy, and be proud. The years go by quickly.

Relationship with Officials

There is an age-old refrain often used by irate fans, "How much are you paying the Officials?" (Probably not enough). Officials agree to follow a code of ethics. They really do not have a vested interest in which team/individual emerges as the victor. It is important to understand that they are a very necessary part of a game. A contest cannot be played without them. While you may not agree with all their calls, please do not harass and taunt them. It is important to remember that they are in charge of the contest and have complete authority to have unruly spectators removed. In many sports, a team will see the same official several times during a season. Coaches, athletic administrators, and schools often work hard to establish a rapport and good working relationship which can easily be damaged by spectators.

Athletic Chain of Command

At Carlisle High School, the following chain of command is in effect:

1. ***Student to Coach/Director/Sponsor***
2. ***Parent to Coach/Director/Sponsor***
3. ***Parent to Activities Director***
4. ***Parent to Principal***
5. ***Parent to Superintendent***

If there are any questions or concerns, the athlete should first contact the appropriate coach. If there is no resolution, he or she should then go to the head coach, etc. The same is true for parents. If there is a legitimate issue that needs to be discussed with the coach, it should be done with them first. However, please keep in mind that parents and coaches are on opposite side of the fence on issues. As parents, we love our child and want the best for them. Most of our coaches have children and totally understand that, however, as coaches, we are responsible for the 70-80 athletes on our squad, and must do things in the best interest of the team and program. The same is true of the athletic department. We often make decisions that are based on the good of the 200 or more student-athletes who participate in our many activities. We do not make decisions with one person in mind. It is best that parents try to remember that when thinking about issues that are bothering them. Sometimes we may just have to agree to disagree.

Sportsmanship

Since athletics should be educational in nature, it is important that all parents demonstrate good sportsmanship and serve as role models for our athletes and student fans. Sportsmanship is an overt display of respect for the rules of the sport and for all others – players, coaches, officials, and fans. It also involves a commitment to fair play, ethical behavior, and integrity. This means:

- *There can be no vulgar or inappropriate language from fans or spectators.
- *Taunting our opponents and their cheerleaders cannot be tolerated.
- *Spectators cannot leave the bleachers or enter onto the court or field during a contest.
- *Fans should be supportive and positive. Cheering should be done for our team and not against our opponent.
- *We should not impede or interfere with our opponent's cheerleaders when they are leading their cheers.
- *In some specific sports such as basketball and volleyball, we should not yell while a player takes a foul shot or attempts to serve.

Responsibilities of an Athlete

Most coaches would expect an athlete to adhere to the following guidelines:

The team's goals, welfare, and success must come before any individual interest.

- *An athlete needs to be consistent in attending practice sessions. This also includes weekend and holiday periods.
- *Players need to be receptive to coaching.
- *Team members are responsible for all issued uniforms and equipment.
- *As a member of a team, an athlete must agree to and follow the team rules. Athletes need to remember that they are ambassadors and represent not only themselves, but the coaching staff, school, and community.
- *An athlete must report all injuries to either the coach or to the athletic trainer.

Participation on an Athletic Team

It is important to understand that participation on an athletic team at Carlisle High School is a privilege and not a right. Being on and maintaining one's membership on a team means accepting all the responsibilities of an athlete. However, unlike recreational or intramural teams, equal or guaranteed playing time does not exist. Effort is made to allow all athletes to participate at the freshman and JV level. However, that playing time may not always be equal. Our coaches are trying to develop varsity level players at the younger levels. In an effort to develop competitive players and teams, a coach will use players best suited to the conditions or demands of the contest at a given time.

Part of being a part of a team is accepting and learning to perform your roles as best that you can for the good of the team. This role will look different for each and every player. This role can change during a season, and can definitely change each season that the student participates. One thing to always remember is that one of the biggest adjustments from MS to HS athletics is that students go from playing with just students in their grade, to participating, and being in, competition for playing time with students from three other grades. We do try to play a freshman schedule in as many sports as possible, but this hinges on the number of participants that go out for the sport. If enough freshmen aren't out, freshman will be a part of the JV team.

Practice Sessions and Games

Practice sessions are normally closed to spectators and there is a very sound reason for this. These sessions are the equivalent of a teacher's classroom and there is real, quality instruction taking place. Interruptions and interference with athlete's concentration and focus in practice cannot be allowed any more than a disruption would be tolerated in an academic setting. Education in any setting cannot be compromised.

At Carlisle High School practice sessions:

1. Will vary in time depending on the time of season and coach's discretion.
2. May start and end at different times due to the schedule of the coach or of our facilities. Check with the coach for the specific times.
3. Will not be held when school is dismissed early due to inclement weather.
4. May be held on Saturdays and over holiday periods. A Sunday practice may also be held if a team is participating in post season tournaments and play on Monday. Additional decisions regarding practice times may be allowed with permission of the administration and on a case by case basis.

Risks of Athletic Participation

In spite of protective equipment and the supervision and sound instruction by our coaches, there are some risks associated when someone participates in athletics. Injuries can and do occur. All athletes and parents need to be aware and understand this possibility. At Carlisle High School we will do all that we can to ensure a safe and healthy environment for our athletes.

Academic Requirements

Students must be passing all classes at the end of each semester to remain eligible. If not passing all at end of a semester grading period, student is ineligible for first 30 consecutive calendar days in the interscholastic athletic event in which the student is a contestant

Hazing

Since responsibility, integrity, citizenship, and a strong sense of school and team commitment are the foundations for appropriate participation in modern day school athletic programs, hazing of any kind will not be condoned. Any athlete participating in hazing will be dropped immediately from the team and will face possible suspension/expulsion from school.

Policy for Spectator Behavior

Please help us and represent Carlisle High School and the Carlisle Community in a proud manner.

1. Cheer for your team!
2. Do not yell at your opponents.
3. Do not use vulgar or profane language.
4. Yelling at officials cannot be tolerated.
5. Taunting and "trash talking" directed at players, coaches and fans is not permitted.
6. Remain in the stands during the contest.
7. Do not interfere with our opponents' cheerleaders and their attempt to lead cheers.
8. Do not kick the bleachers. Not only does this display poor sportsmanship, but it also damages them.
9. As a parent, please set a positive example for our students and athletes.
10. If you see or hear something that is inappropriate, please help us by saying something to the offending individual. Remember that purchasing a ticket provides you with the privilege and opportunity to watch a contest; it is not a license to verbally assault others or to be obnoxious.
11. Please remember that smoking and/or the use of tobacco products is prohibited at any sports contests, and practices. Iowa's new Smoke Free Air Act prohibits smoking on school grounds at any time including inside or outside at the football, baseball, and softball fields.

Thank you for your cooperation and help. We CAN do something positive by working together.

Sportsmanship Expectations

ACCEPTABLE BEHAVIOR

1. Applause during introduction of players, coaches, and officials.
2. Players shaking hands with opponents who foul out while both sets of fans recognize player's performance with applause.
3. Accept ALL decisions of the officials.
4. Cheerleaders lead fans in positive school yells in a positive manner.
5. Handshakes between participants and coaches at the end of contests, regardless of outcome.
6. Treat competition as a game, not a war.
7. Coaches/players search out and congratulate opposing participants or coach.
8. Applause at the end of a contest for performances of all participants.
9. Everyone showing concern for an injured player, regardless of team.
10. Encourage only sportsmanlike conduct.

UNACCEPTABLE BEHAVIOR

1. Disrespectful or derogatory yells, chants, songs, or gestures.
2. Booming or heckling an official's decision.
3. Criticizing officials in any way; display of temper with an official's call.
4. Yells that antagonize opponents.
5. Refusing to shake hands or give recognition for good performances.
6. Blaming loss of game on officials, coaches, or participants.
7. Taunting or name-calling to distract an opponent.
8. Use of profanity or displays of anger that draw attention away from the game.
9. Doing your own yells during cheerleader's performances.

2016 CHS VARSITY BOYS TRACK & FIELD SCHEDULE

<u>DAY</u>	<u>DATE</u>	<u>MEET LOCATION</u>	<u>DISMISSAL</u>	<u>BUS</u>	<u>START TIME</u>
Tuesday	3/15	IOWA STATE UNIVERSITY INDOOR (AMES)	NONE	1:00	3:00pm
Friday	3/18	CENTRAL COLLEGE INDOOR (PELLA)	NONE	12:00	2:00pm
Tuesday	3/22	SIMPSON COLLEGE (INDIANOLA)	2:30	2:45	4:00pm
Tuesday	3/29	GILBERT HS (NHS TRACK UNDER REPAIR)	2:15	2:30	4:30pm
Friday	4/1	WINTERSET HS	2:40	2:55	4:30pm
Tuesday	4/5	VAN METER HS (ADM TRACK UNDER REPAIR)	2:40	2:55	4:30pm
Monday	4/11	NORWALK HS	3:00	3:15	4:30pm
Thursday	4/14	AMES HS	2:20	2:35	4:30pm
Tuesday	4/19	BALLARD HS (HUXLEY)	3:10	3:25	5:00pm
Tuesday	4/26	CARLISLE HS	REGULAR	NONE	4:30pm
Thursday	4/28	DCG HS (GRIMES)	2:50	3:05	4:45pm
Th-Fr-Sat	4/28-4/30	DES MOINES (DRAKE STADIUM)	TBD	TBD	TBD
Thursday	5/5	B-F HS (BONDURANT)	REGULAR (3:20)	3:35pm	5:00pm
Saturday	5/7	B-F HS (BONDURANT)	NONE	8:35	10am
Thursday	5/12	DISTRICTS (TO BE DETERMINED)	TBD	TBD	3:00pm
Th-Fr-Sat	5/19-5/21	DES MOINES (DRAKE STADIUM)	TBD	TBD	TBD

*The meet scheduled for 3/29 is Nevada's meet. Their track facility is under repair and they will be hosting the meet at Gilbert HS

*The meet scheduled for 4/5 is ADM's meet. Their track facility is under repair and they will be hosting the meet at Van Meter HS

2016 CHS JV BOYS TRACK & FIELD SCHEDULE

<u>DAY</u>	<u>DATE</u>	<u>MEET LOCATION</u>	<u>DISMISSAL</u>	<u>BUS</u>	<u>START TIME</u>
Friday	3/18	CENTRAL COLLEGE INDOOR (PELLA)	NONE	12:00	2:00pm
Tuesday	3/22/16	SIMPSON COLLEGE (certain JV events)	2:30	2:45	4:00pm
Tuesday	3/29/16	GILBERT HS (certain JV events)	2:15	2:30	4:30pm
Tuesday	4/12/16	CHARITON HS (full JV meet)	2:30	2:45	4:30pm
Thursday	4/14/16	AMES HS (certain JV events)	2:20	2:35	4:30pm
Monday	4/25/16	BOONE HS (full JV meet)	3:00	3:15	5:00pm
Tuesday	4/26/16	CARLISLE HS (several JV events)	Regular (3:20)	None	4:30pm
Thursday	4/28/16	DCG HS (certain JV events)	2:50	3:05	4:45pm
Thursday	5/5/16	GRINNELL HS (full JV meet)	3:00	3:15	5:00pm

*The meet scheduled for 3/29 is Nevada's meet. Their track facility is under repair and they will be hosting the meet at Gilbert HS

*JV entries for the indoor meet at Central College on 3/18 are pending

*JV entries for the meet at Ames HS on 4/14/16 are pending